

COVID-19 Alert : 20 February 2022



Highlights (as at 20 February 2022):

Imported 68: 28 Malaysian; 40 Non-Malaysian; **Local 26,764:** 26,054 Malaysian (97.3%); 710 Non-Malaysian (2.7%)
From 26,832: 133 cases (0.5%): Category 3, 4 & 5; 26,699 cases (99.5%): Category 1 & 2.



INFO



- Following the recent changes in our COVID-19 Management Guideline, the **quarantine period for Tier 2 is reduced to 7 days**, regardless whether he / she is staying in the same household with Tier 1.
- Any test done on Day 5 will be deemed as final**, no 2nd test is required.

TIER 2

Scenario 2: Tier 2

Quarantine period 7 days from the last contact with Tier 1

D0	D1	D2	D3	D4	D5	D6	D7
Last Contact		1st RT-PCR Test				2nd RT-PCR Test	End



Staff will be WFH until the end of the 7-days quarantine period.

- Remain in your house until your 2nd RT-PCR result is confirmed negative. **You should not leave your house unless really necessary e.g. seeking medical care.**
- Wear a mask and keep your distance from others in the household, especially people at a higher risk such as the elderly.
- Monitor your symptoms and seek medical help if needed.

Notes:

- Testing date may differ plus or minus 1 day if the test date falls into public holiday/weekend
- The recommended testing date may differ slightly subject to the condition of staff, i.e., whether symptomatic or not. Actual day resuming work in the office may differ subject to the availability of the swab test result. If staff experiences extended period of COVID-19 symptoms during the quarantine period, he/she may seek doctor's advice before resuming to work in the office.
- Source: Ministry of Health, Malaysia <https://twitter.com/MyHEALTHKKM/status/1358674002703118213?u=20>
- Evidence suggests that testing tends to be less accurate within 3 days of exposure, and the best time to get tested is 5 to 7 days after the person is exposed. Tests are even more accurate when patients are exhibiting symptoms.
- Source: Nortonhealthcare.com <https://nortonhealthcare.com/news/how-long-after-exposure-to-test-positive-for-covid/>
- Study also shows that once the infected person underwent the Swab test on the 8th and 12th day since his/her last exposure, and if he/she is tested negative, the transmission risk is brought down to 2.4% and 1.2% respectively.
- Source: Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-nCoV/more/scientific-brief-options-to-reduce-quarantine.html>



TIPS

SARS-CoV-2 viral particles spread between people more readily indoors than outdoors.
Open window to let the virus escape

